



# DOVER YMCA

## WINTER 2019 PROGRAM SCHEDULE

### PROGRAM SESSION DATES:

**WINTER:** January 2 - February 24, 2019  
Member Registration Begins: December 10, 2018  
Community Registration Begins: December 17, 2018



# INFORMATION CENTER

## FACILITY HOURS

**MONDAY – FRIDAY:** 5 a.m. – 10 p.m.

**SATURDAY:** 7 a.m. – 6 p.m.

**SUNDAY:** 7 a.m. – 6 p.m.

## KIDS ZONE HOURS

Drop-off babysitting for children ages **6 weeks – 12 years**.

**MONDAY – SUNDAY:** 8:15 a.m. – 1 p.m.

**MONDAY – FRIDAY:** 4 – 8:30 p.m.

\*Hours may vary on holidays and between session breaks. Full members may utilize this service for up to 2 hours per day, per child in your family for FREE.

Our staff are dedicated to nurturing our young members in a safe environment with a focus on the character development values of caring, honesty, respect and responsibility.

We ask that parents please label all items your child brings with them. Immunizations must be up-to-date and an emergency form must be on file. Parents are required to remain on the premises.

## YOUTH FITNESS CENTER

**AGES:** 7 – 13 years

**MONDAY – FRIDAY:** 4 p.m. – 8:30 p.m.

**SATURDAY & SUNDAY:** 9 a.m. – 1 p.m.

**Open to all full members for free.**

All children must be signed in and out by their parent/guardian.

## HOLIDAYS & IMPORTANT DATES

**DECEMBER 24 (Christmas Eve):** 5 a.m. – 2 p.m.

**DECEMBER 25 (Christmas):** CLOSED

**DECEMBER 31 (New Year's Eve):** 5 a.m. – 5 p.m.

**JANUARY 1 (New Year's Day):** 10 a.m. – 2 p.m.

## HOW DO I REGISTER FOR PROGRAMS?

**REGISTER ONLINE:** To register or search for program details by location, visit [yprograms.org](http://yprograms.org) for current program listings will be available on the first day of registration (dates listed below).

**REGISTER IN PERSON OR BY PHONE:** Stop by our branch, or give us a call on the first day of registration and we will be happy to assist you.

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**WINTER:** January 2 – February 24

Member Registration begins: December 10

Community Registration begins: December 17

## 2019 SUMMER CAMP REGISTRATION

Registration begins: January 25

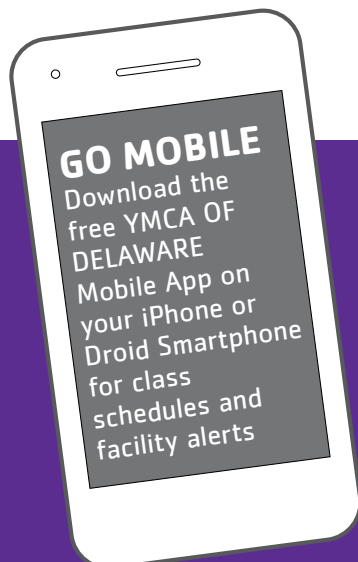
## Y CONNECT

**REFER YOUR FRIENDS AND EVERYONE SAVES!**

Bring your friends to the Y and they will receive a free guest pass for the day! Plus, if they join, you both will save 10% on your monthly membership fees. Refer a second friend and you will save 20%! For more details visit [ymcade.org](http://ymcade.org).

## FINANCIAL ASSISTANCE

We believe that everyone in our community should have the opportunity to benefit from YMCA programs and services. Our Open Doors Financial Assistance Program is central to our mission. This program offers a fee-based scale to fit the financial situations of individuals in our community. For more information or to apply, contact the nearest YMCA branch to request an Open Doors financial assistance application, or download it at [ymcade.org](http://ymcade.org).



**PHONE**  
(302) 346-9622

**MOBILE**  
Text @dyaalerts to  
(302) 353-1707  
for text alerts.

**EMAIL**  
Please make sure we have your current e-mail address on file so we can keep you up-to-date. If you wish to opt in or out of YMCA emails, please let the staff at our Member Services Desk know.

**LET'S CONNECT!**



(302) 346-9622  
[www.ymcade.org](http://www.ymcade.org)

# AROUND THE Y

There's always something happening at the Dover YMCA. Our calendar is a great way for you to stay up-to-date. Be sure to check our website frequently for our most current calendar and list of events. Visit [ymcade.org](http://ymcade.org).

## ▶ EVENTS

### A NIGHT AT THE Y

**AGES:** 10-13 years

Join your friends and make lots of new ones every **2nd Saturday of the month** from **6 - 9 p.m.** for a night of various themes at the Y! Pre-registration closes each event day at noon).

**MEMBER:** FREE

**COMMUNITY:** \$10 (pre-registered) or \$12 (at the door)

### UGLY HOLIDAY SWEATER

**DECEMBER 8, 6 - 9 p.m.**

Celebrate all things tacky this holiday season starting with your sweater. Games, activities and our DJ will get you in the holiday spirit.

### SANTA'S WORKSHOP

**DECEMBER 15, 6 - 9 p.m.**

Santa's elves have been busy all year preparing gifts for everyone on your list. Come check out the vendor village in our gymnasium and stop by the kids station to make a special holiday craft. Our special guest, Santa, will be here to visit with everyone. Take a photo with him, and drop off your wish list in our North Pole Express Mailbox.

- **VENDOR VILLAGE:** 9 am - 4 pm
- **SANTA:** 10 am - 1 pm

### DINNER AND MOVIE

**JANUARY 12, 6 - 9 p.m.**

Come dressed as your favorite movie character, play movie charades and watch a favorite pick. Popcorn included!

### ACHY BREAKY HEART

**FEBRUARY 9, 6 - 9 p.m.**

Test your ability with some heart pumping activities including Parkour course, Ninja Dodgeball, and fun races. Plus, get healthy eating tips.

### BEACH PARTY

**FRIDAY, JANUARY 25, 6 p.m.**

Think sunshine and warmth with our annual Beach Party to promote all things summer including the first day of Summer Camp registration.

### TEEN NIGHTS

**SATURDAYS, 6 - 9 p.m.**

**AGES:** 13 - 17 years

Come spend some time at the Y dedicated just for teens. Workout, go for a swim or play in the gym. Check for select Saturday dates at Members Services Desk or online.

**MEMBER:** FREE

**COMMUNITY:** \$10

### FRIDAY NIGHT FUN

**FRIDAYS, 6 - 9 p.m.**

**AGES:** 3 +

Drop your kids off at the Dover Y and enjoy an evening out! Your kids will have dinner, swim, make crafts, and participate in other activities like yoga, tumbling, music and more! Register in advance at the Member Services Desk

**MEMBER:** \$12 each child

**COMMUNITY:** \$17 per child

- **DECEMBER:** 7, 14, 21 and 28
- **JANUARY:** 11 and 25

## ▶ VOLUNTEER

### GIVE BACK AND VOLUNTEER

Consider your time a gift to the YMCA and your community. We are always looking for individuals who enjoy donating their time to help around the Y. Volunteer positions include but are not limited to youth sports coaches, event volunteers, fundraisers, facility volunteers and storybook readers. For more information, or to apply, go to [ymcade.org/about-us/volunteer](http://ymcade.org/about-us/volunteer)

## ▶ ANNUAL CAMPAIGN FUNDRAISER

The YMCA of Delaware is so much more than a gym and swim. As a nonprofit, community-building charity, we strive to make our programs widely affordable and accessible to all, regardless of ability to pay. Our donors enable us to serve low-income families who need us the most through targeted programming and our Open Doors Financial Assistance program. All the funds raised for our annual giving campaign go directly back to the community through membership and program scholarships. Give online at [www.ymcade.org](http://www.ymcade.org), or ask our staff how you can donate today.

## ▶ MEMBER STORIES

What does the Y mean to you? Do you have a story about how the YMCA helped you or your family? We want to hear about it! Share your passion for the Y by submitting your Y Story via email to Judi Shade at [jshade@ymcade.org](mailto:jshade@ymcade.org).





# YOUTH PROGRAMMING

CHILD CARE				
<b>Before and After School Care</b>	K - 8th grade	<b>Monday – Friday,</b> 7am until school begins and school dismissal until 6pm	<b>2018-2019 school year</b>	<b>Before and After Care</b> Full Member: \$290/month Community: \$385/month  <b>Before Care Only</b> Full Member: \$110/month Community: \$175/month  <b>After Care Only</b> Full Member: \$205/month Community: \$300/month

DANCE				
<b>Pre-Ballet</b>	3 - 4 years	<b>Wednesday, 9:30 - 10:15 am</b> and <b>5 - 5:45 pm</b> <b>Saturday, 9:30 - 10:15 am</b>	Winter	<b>Member: \$45</b> <b>Community: \$60</b>
<b>Ballet/Tap</b>	5+ years	<b>Wednesday, 5:45pm -6:30 pm</b> <b>Saturday, 10:15 am -11:00 am</b>	Winter	<b>Member: \$45</b> <b>Community: \$60</b>
<b>Hip Hop</b>	7+ years	<b>Wednesday, 6:45 pm -7:30 pm</b> <b>Saturday, 11:15 am -12 pm</b>	Winter	<b>Member: \$45</b> <b>Community: \$60</b>
<b>Martial Arts</b>	5+ years	<b>Monday, 6:30 pm - 7:30 pm</b>	Winter	<b>Member: \$40</b> <b>Community: \$65</b>

ENRICHMENT/SPECIALTY				
<b>Inchworms</b>	2 years	<b>Tuesdays and Thursdays,</b> 9 - 10 am	Winter	<b>Member: \$75</b> <b>Community: \$115</b>
<b>Caterpillars</b>	3 years	<b>Tuesday and Thursday,</b> 10:30 a.m. - 12:30 p.m.	Winter	<b>Member: \$100</b> <b>Community: \$125</b>
<b>Dragonflies</b>	4-5 years	<b>Monday, Wednesday</b> and <b>Friday</b>	Winter	<b>Member: \$130</b> <b>Community: \$155</b>
<b>Musical Notes</b>	6 months - 3 years	<b>Wednesday, 9 - 9:30 a.m.</b>	Winter	<b>Member: \$35</b> <b>Community: \$60</b>
<b>First Lego Jr.</b>	K - 4th grade	TBD	Winter	<b>Rates TBD</b>
<b>First Lego League</b>	K - 4th grade	TBD	Winter	<b>Rates TBD</b>
<b>Creative Creations</b>	3 + years	<b>Sunday, 10:15 - 11 a.m.</b>	Winter	<b>Member: \$30</b> <b>Community: \$45</b>

FITNESS/WELLNESS				
<b>Personal Training</b> (One on one)	14 -17 years	<b>As Scheduled</b>	Winter	<b>3 sessions: \$75</b> <b>6 sessions: \$130</b> <b>12 session \$225</b>
<b>Strong Enough</b>	10 - 16 years	<b>Thursdays, 6:30 - 7:30 p.m.</b>	Winter	<b>Members \$30 for 6 weeks</b>
<b>Youth Fit For Two</b>	14 -17 years	<b>As Scheduled</b>	Winter	<b>6 sessions: \$75</b> <b>12 sessions: \$130</b>

# YOUTH PROGRAMMING



## SPORTS

<b>Basketball (Instructional)</b>	6 - 8 years	<b>Monday, 5:45 - 6:30 p.m.</b>	Winter	<b>Member: \$45 Community: \$60</b>
<b>Basketball (Instructional)</b>	9 + years	<b>Monday, 5:45 p.m. - 6:30 p.m.</b>	Winter	<b>Member: \$45 Community: \$60</b>
<b>Tot Basketball</b>	3 - 5 years old	<b>Monday, 5 p.m. - 5:45 p.m.</b>	Winter	<b>Member: \$45 Community: \$60</b>
<b>Little Kickers</b>	3 - 5 years	<b>Friday 9:30 a.m.-10:15</b>	Winter	<b>Member: \$45 Community: \$60</b>
<b>Indoor Instructional Youth Flag Football</b>	5 - 14 years	<b>Tuesday, 5 p.m. - 5:45 p.m. and 6 p.m. -6:45 p.m.</b>	Winter	<b>Member: \$45 Community: \$60</b>
<b>Youth Indoor Soccer League</b>	3-13 years old	TBD after registration closes	Winter	<b>Member: \$55 Community: \$70</b>

## TUMBLING

<b>Gymnastics</b>	6-13 years	<b>Tuesday, 6 - 6:45 p.m.</b>	Winter	<b>Member: \$45 Community: \$60</b>
<b>Tumble Tykes</b>	3-5 years	<b>Tuesday, 11 - 11:45 a.m. and 5 - 5:45 p.m.</b>	Winter	<b>Member: \$45 Community: \$60</b>
<b>Rumble Tumble</b>	Walkers- 2 years	<b>Tuesday, 9:30 - 10 a.m.</b>	Winter	<b>Member: \$25 Community: \$45</b>
<b>Twisting Toddlers</b>	2-3 years	<b>Tuesday 10:15 - 10:45 a.m.</b>	Winter	<b>Member: \$25 Community: \$45</b>

# YOUTH PROGRAMMING

SWIM				
<b>Swim Starters</b> Parent/Child	6 months - 3 years	<b>Mondays</b> , 5-5:30 p.m. <b>Tuesdays</b> , 5:50-6:20 p.m. <b>Thursdays</b> , 11 - 11:30 a.m. <b>Saturdays</b> , 9 - 9:30 a.m. and 11 - 11:30 a.m.	2018 -2019 Season	<b>Member: \$49</b> <b>Community: \$95</b>
<b>Preschool Swim Basics Level 1</b> with parent	3 - 5 years	<b>Wednesdays</b> , 5 - 5:30 p.m. <b>Thursdays</b> , 5:50-6:20 p.m. <b>Saturdays</b> , 9 - 9:30 p.m.	2018 -2019 Season	<b>Member: \$49</b> <b>Community: \$95</b>
<b>Preschool Swim Basics</b> Level 1, 2, and 3	3 - 5 years	<b>Monday/Wednesday</b> , 5 - 5:30 p.m. <b>Tuesday/Thursday</b> , 5:50 - 6:20 p.m. <b>Saturdays</b> , 9:35 - 10:05 a.m. and 11 - 11:30 a.m.	2018 -2019 Season	<b>Members: \$49</b> <b>Community: \$95</b>
<b>Preschool Swim Strokes</b> Level 4	3 - 5 years	<b>Mondays/Wednesdays</b> 5 - 5:30 p.m. <b>Tuesdays/ Thursdays</b> , 5:50 - 6:20 p.m. <b>Saturdays</b> , 9:35 - 10:05 a.m. and 11 - 11:30 a.m. <b>Sundays</b> , 10 - 10:30 a.m.	2018 -2019 Season	<b>Members: \$49</b> <b>Community: \$95</b>
<b>Youth Swim Basics</b> Level 1, 2, and 3	6 - 12 years	<b>Mondays</b> , 5:35 - 6:20 p.m. <b>Tuesdays</b> , 6:25 - 7:10 p.m. <b>Saturdays</b> , 10:10 - 10:55 a.m. <b>Sundays</b> , 10:35 - 11:20 a.m.	2018 -2019 Season	<b>Member: \$60</b> <b>Community: \$120</b>
<b>Youth Swim Strokes</b> Level 4	6 - 12 years	<b>Mondays</b> , 5:35 - 6:20 p.m. <b>Tuesdays</b> , 6:25 - 7:10 p.m. <b>Saturdays</b> , 10:10 - 10:55 a.m. <b>Sundays</b> , 10:35 - 11:20 a.m.	2018 -2019 Season	<b>Member: \$60</b> <b>Community: \$120</b>
<b>Youth Swim Strokes</b> Level 5 and 6	6 - 12 years	<b>Mondays</b> , 6:25 - 7:10 p.m. <b>Tuesdays</b> , 5 - 5:45 p.m. <b>Saturdays</b> , 10:10 - 10:55 a.m.	2018 -2019 Season	<b>Member: \$60</b> <b>Community: \$120</b>
<b>LIT Lifeguard in Training</b>	12-16 years	<b>Saturdays</b> , 11 - 11:45 a.m.	2018 -2019 Season	<b>Member: \$60</b> <b>Community: \$120</b>

# STRONG SWIMMERS CONFIDENT KIDS



# YOUTH PROGRAMMING



## SWIM TEAM 2018 - 2019 SEASON

<b>Little Explorers</b>	5-9 years	<b>Monday, 6:25 - 7:10 p.m.</b> <b>Wednesday, 6:25 - 7:10 p.m.</b> <b>Saturday, 11:30 - 12:15 p.m.</b>	<b>Member: \$282</b> <b>Community: \$392</b>
<b>Mini Dolphins</b>	5-9 years	<b>Tuesday, 6:30 - 7:15 p.m.</b> <b>Thursday, 6:30 - 7:15 p.m.</b> <b>Saturday, 11:30 - 12:15 p.m.</b>	<b>Members: \$342</b> <b>Community: \$503</b>
<b>Bronze</b>	7-12 years	<b>Tuesday, 6 - 7:00 p.m.</b> <b>Thursday, 6 - 7:00 p.m.</b> <b>Friday 6 - 7:00 p.m.</b> <b>Saturday, 10 - 11 a.m.</b>	<b>Members: \$480</b> <b>Community: \$683</b>
<b>Silver</b>	9-14 years	<b>Monday, 6 - 7:15 p.m.</b> <b>Wednesday, 6 - 7:15 p.m.</b> <b>Friday 6 - 7:15 p.m.</b> <b>Saturday, 10 - 11:30 a.m.</b>	<b>Members: \$528</b> <b>Community: \$758</b>
<b>Gold</b>	10-14 years	<b>Monday, 5:30 - 7:00 p.m.</b> <b>Wednesday, 5:30 - 7:00 p.m.</b> <b>Friday 5:30 - 7:00 p.m.</b> <b>Saturday, 8:30-10:00 a.m.</b>	<b>Members: \$576</b> <b>Community: \$826</b>
<b>Platinum 1</b>	13-18 years	<b>Monday, - Friday 3:45 - 5:45 p.m.</b> <b>Saturday, 8 - 10 a.m.</b>	<b>Members: \$774</b>

## SWIM TEAM 2018 - 2019 MEET SCHEDULE

<b>December 2018</b>	<b>Tuesday, 12/4: Dover High – 3 p.m.</b> <b>Tuesday, 12/11: Polytech – 3 p.m.</b> <b>Thursday, 12/13: CR – 3 p.m.</b>	<b>Tuesday, 12/18: Dover/CR – 3 p.m.</b> <b>Thursday, 12/20: CR – 3 p.m.</b> <b>Saturday, 12/22: Dolphins Dual – 11:30 a.m.</b>
<b>January 2019</b>	<b>Tuesday, 1/8: CR – 3 p.m.</b> <b>Thursday, 1/10: Dover High – 3 p.m.</b> <b>Friday, 1/11: Polytech – 3 p.m.</b> <b>Tuesday, 1/15: Dover High – 3 p.m.</b>	<b>Thursday, 1/17: Polytech – 3 p.m.</b> <b>Thursday, 1/24: CR – 3 p.m.</b> <b>Tuesday, 1/29: CR – 3 p.m.</b> <b>Thursday, 1/31: Dover High – 3 p.m.</b>
<b>February 2019</b>	<b>Tuesday, 2/5: Polytech – 3 p.m.</b> <b>Saturday, 2/9: 3D – 3 p.m.</b> <b>Sunday, 2/10: 3D – 7 a.m.</b>	





# Swim Lesson DESCRIPTIONS

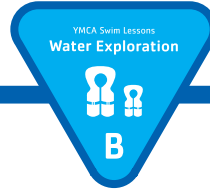
## SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.



### A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



### B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

## SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab



### 1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage one. This stage lays the foundation that allows for a student's future progress in swimming.



### 2 / WATER MOVEMENT

In stage two, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

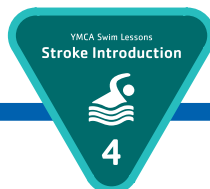


### 3 / WATER STAMINA

In stage three, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

## SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.



### 4 / STROKE INTRODUCTION

Students in stage four develop stroke technique in front crawl and back crawl as well as learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



### 5 / STROKE DEVELOPMENT

Students in stage five work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



### 6 / STROKE MECHANICS

In stage six, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.



# ADULT PROGRAMMING

FITNESS			
<b>Beginner Flow Motion</b>	<b>Saturdays,</b> 9:45 - 10:30 a.m.  <b>Tuesdays,</b> 1:15 a.m. - 12 p.m.	Ongoing	\$40/ 8 week session
<b>Belly Dancing</b>	<b>Saturdays,</b> 9:30 - 10:30 a.m.	Ongoing	\$48/ 8 week session
<b>Fitness Assessment</b>	Offered all days/times throughout the week. See a fitness center or member service staff to schedule.	Ongoing	<b>MEMBERS: \$30</b>
<b>FITQUEST</b> Our trained wellness coaches will teach, guide, motivate and give you the personal attention you need to successfully reach your wellness goals.	With Y approved exercise and meal plans tailored to you, our coaches will create a wellness program for all ages and fitness levels.	Ongoing	<b>INCLUDED IN MEMBERSHIP</b> at no additional cost.
<b>Group Fitness Classes</b>	See schedule online or the YMCA of Delaware App.	Ongoing	<b>INCLUDED IN MEMBERSHIP</b>
<b>Personal Training</b>	Offered all days/times throughout the week.  Scheduled by appointment only.	Ongoing	<b>60 MINUTE SESSIONS</b> 1 Development Session: \$45 3 Sessions: \$120 6 Sessions: \$210 12 Sessions: \$360  <b>30 MINUTE SESSIONS</b> 3 sessions: \$75 6 sessions: \$126 12 sessions: \$228
<b>Self Defense</b>	<b>Saturdays, 12 - 1 p.m.</b>	Ongoing	\$40 for 8 weeks
<b>Small Group Training</b>	See small group training schedule for class days, times, and descriptions.	Ongoing	6 sessions (30 min.): \$80 6 sessions (60 min.): \$120 12 sessions (30 min.): \$150 12 sessions (60 min.): \$240
<b>TAI CHI</b>	<b>BEGINNERS</b> <b>Tuesdays, 10:15 - 1 p.m.</b>  <b>ADVANCED</b> <b>Thursdays, 10:15 - 11 a.m.</b> and 6:25 - 7:15 p.m.	Winter	<b>INCLUDED IN MEMBERSHIP</b>

# ADULT PROGRAMMING

## WELLNESS

<b>Diabetes Prevention Program</b>	<b>Mondays, 3 p.m.</b>	Ongoing	For details and fee information, contact the Healthy Living Department at <a href="mailto:healthyliving@ymcade.org">healthyliving@ymcade.org</a> or (302) 572-9622.
<b>LIVESTRONG® at the YMCA (Cancer Survivors)</b>	<b>Monday and Thursday, 1-2:30 p.m. Tuesday and Thursday, 6:30-8 p.m.</b>	Ongoing	<b>FREE FOR MEMBERS AND COMMUNITY</b> Contact the Healthy Living Department for more details at <a href="mailto:healthyliving@ymcade.org">healthyliving@ymcade.org</a> or (302) 572-9622.

## SPORTS

<b>Basketball League</b>	COED 35 & Over	<b>Mondays,</b> Games start at 7 p.m.	Winter	<b>Member: \$60 Community: \$75</b>
<b>Dodgeball</b>	COED	<b>Thursday, 7:30 p.m.</b>	Winter	<b>Member: \$35 Community: \$50</b>
<b>Fundamentals of Boxing</b>	Program II	<b>Mondays,</b> 9:30-10:15 a.m.	Winter	<b>\$40 for 8 weeks</b>
<b>Adult Soccer League</b>	For more details, visit the Members Services Desk.			<b>Member: \$55 Community: \$70</b>

## SWIM

<b>Swim Basics</b>	<b>Tuesdays, 5-5:45 p.m. Thursdays, 5-5:45 p.m. Sundays, 11:25-12:10 a.m.</b>	Winter	<b>Members: \$60 Community: \$120</b>
<b>Swim Strokes</b>	<b>Tuesdays, 6:25-7:10 p.m. Thursdays, 6:25-7:10 p.m. Saturdays, 8:10 - 8:55 a.m. Sundays, 11:25am-12:10 p.m.</b>	Winter	<b>Members: \$60 Community: \$120</b>
<b>Swim Strokes Mastery</b>	<b>Tuesdays, 7:15 - 8pm</b>	Winter	<b>Members: \$60 Community: \$120</b>
<b>Masters Swimming</b>	<b>Tuesdays, 6-7 a.m. Tuesdays, 7:15-8:30 p.m. Thursdays, 6-7 a.m. and 7:15-8:30 p.m. Sundays, 7:30-9 a.m.</b>	Winter	<b>Members: \$60 Community: \$120</b>

# LIVESTRONG AT THE YMCA

**THIS 12-WEEK PROGRAM IS OFFERED AT  
NO COST FOR CANCER SURVIVORS**



**BUILD MUSCLE  
AND STRENGTH**



**IMPROVE MENTAL  
WELLBEING**



**INCREASE ENDURANCE,  
FLEXIBILITY & ENERGY**

The **LIVESTRONG**<sup>®</sup> program supports the increasing number of cancer survivors who find themselves on the journey from completing their treatment to feeling physically and emotionally strong enough to return to normal life. These small group sessions are facilitated by certified YMCA instructors who assist participants in a variety of physical activity options including cardiovascular conditioning, strength training, balance and flexibility. **LIVESTRONG**<sup>®</sup> creates a welcoming community in which survivors can develop supportive relationships and improve their quality of life.

## **WHO CAN PARTICIPATE?**

Any adult 18+ who is living with or beyond cancer treatment.

## **HOW MUCH DOES IT COST?**

There is no cost for participants.

## **HOW LONG IS THE PROGRAM?**

The program is 12 weeks long. Groups meet 2 times per week.

## **WHERE AND WHEN IS IT OFFERED?**

See a list of classes on the website at [www.ymcade.org/livestrong](http://www.ymcade.org/livestrong).

## **QUESTIONS?**

To learn more about class enrollment and availability, please contact the **Healthy Living Department** at [healthyliving@ymcade.org](mailto:healthyliving@ymcade.org) or 302-572-9622

[www.ymcade.org/livestrong](http://www.ymcade.org/livestrong)



# YMCA OF DELAWARE LOCATIONS

## **BEAR-GLASGOW FAMILY YMCA**

351 George Williams Way  
Newark, DE 19702  
(302) 836-9622

## **BRANDYWINE YMCA**

3 Mt. Lebanon Road  
Wilmington, DE 19803  
(302) 478-9622

## **CENTRAL YMCA**

501 West Eleventh Street  
Wilmington, DE 19801  
(302) 254-9622

## **DOVER YMCA**

1137 South State Street  
Dover, DE 19901  
(302) 346-9622

## **SUSSEX FAMILY YMCA**

20080 Church Street  
Rehoboth Beach, DE 19971  
(302) 296-9622

## **WESTERN FAMILY YMCA**

2600 Kirkwood Highway  
Newark, DE 19711  
(302) 709-9622

## **MIDDLETOWN FAMILY YMCA**

404 N. Cass Street  
Middletown, DE 19709  
(302) 616-9622

## **WALNUT ST. YMCA**

1000 N. Walnut Street  
Wilmington, DE 19801  
(302) 472-9622

## **CAMP TOCKWOGH**

24370 Still Pond Neck Road  
Worton, MD 21678  
(800) 331-2267

## **ASSOCIATION OFFICE**

100 West 10th Street  
Suite 1100  
Wilmington, DE 19801  
(302) 221-9622

## OUR MISSION

The YMCA is an association of people of all ages, ethnic groups and religious affiliations that strives to cultivate the human potential, self-esteem, and dignity of all people. Our organization exists to develop and practice the Christian principles of love, caring, inclusiveness, justice and peace...and to enrich the emotional, physical and social life of all individuals, families and our community.

## CONNECT WITH US!



[WWW.YMCADE.ORG](http://WWW.YMCADE.ORG)

